

APRIL/MAY 2023

FABT22/CABT22 — FOOD AND NUTRITION

Time : Three hours

Maximum : 75 marks

SECTION A — (10 × 2 = 20 marks)

Answer ALL questions.

1. Define food.
2. Outline the objectives of a balanced diet.
3. What are nutrients?
4. Explain the role of fibre.
5. Define a lipid?
6. Show the calorific value of proteins.
7. Define metabolism.
8. Explain RQ.
9. List the sources of Vitamin A.
10. Relate the symptoms with the deficiency of Vitamin B1.



SECTION B — (5 × 5 = 25 marks)

Answer ALL questions.

11. (a) Identify the functions of food.

Or

(b) Analyse the need for optimum nutrition.
Classify food into its major groups.

12. (a) Identify the sources and requirements of carbohydrates.

Or

(b) Classify fibre into different types.

13. (a) Identify the sources, requirements and symptoms of protein deficiency.

Or

(b) Examine the sources and functions of lipids.

14. (a) Identify the factors affecting BMR.

Or

(b) Examine the factors affecting the thermic effect of food.

15. (a) Identify the sources and state the RDA of vitamin B6. List its deficiency symptoms.

Or

(b) Examine the disease conditions that result due to the deficiency of Vitamin B 12. How can it be prevented?

SECTION C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Explain the use of food guide pyramid.

17. Explain the nutritional classification of carbohydrates and compare the digestion and absorption of each of these classes.

18. Explain the process of digestion and absorption of lipids.

19. Evaluate the best method used to determine the energy value of food.

20. Discuss the sources, daily requirements and deficiency symptoms of any two fat soluble vitamins.